

## More than Just School Supplies

**B**ackpack? Check. Pens and Pencils? Check. Notebooks? Check. Each September, we get the list of school supplies and check each item off as it is acquired. But what about the things that ensure a successful school year that aren't on that list?

Confidence, resilience, kindness...those items that make the difference between a great day and one that is terrible. And not an "I got a C on a test" kind of terrible, but a day spent feeling isolated, out of place and yes, bullied. In a recent survey of Howard County kids, 60% of respondents ages 12-18 reported having witnessed a bullying incident in the past 30 days. An almost equal percentage reported doing nothing when they did see it take place.

Stop for a minute and think about what that means. Three out of 5 students do nothing when they see another student being treated in a way that they themselves define as "bullied." They ignore it or they walk away. That's not okay.

So how do we change that statistic? How do we get kids to stand up, not stand by? It isn't going to be easy and the schools can't do it alone. Think of bullying as a public health issue, like wearing seat belts or smoking. The message about the dangers took some time to take root. But they did. Howard County can do the same for bullying. Stand Up HoCo, the County's anti-bullying initiative is a collaborative effort working toward a culture change. Through outreach and education we can create and share the tools that our community needs to increase empathy and build resilience. On our [StandUp HoCo](#) website, you can find more information about resources that are available and upcoming events. You will also see a link to [hoco.sprigeo](#) the customized and confidential online reporting system that allows anyone to report an incident of bullying at any time. You can also download the reporting app from iTunes and Google Play.

It's up to us. We need to supply our young people with everything they need to be successful. Knowing that bullying won't go unnoticed is the first step to adding confidence to the list of items we can check. Young people will be less likely to exhibit bullying behaviors if they know it won't be tolerated.

Turning bystanders into those that take a stand requires that we all are invested in being aware and engaged in making a difference. It takes kindness and a willingness to step in and Stand Up for each other.

Let us know how you are taking a stand on our [Facebook](#) page. #StandUpHoCo

Don't just stand by...Stand Up!



### What's Inside?

- Is it Sensory or Is it Behavior?
- What I Want My Teachers to Know  
*An editorial by Collin Sullivan, Long Reach High School*
- Jump Start Your Day the Right Way with a Healthy Breakfast
- Parents Can Help with School Readiness
- Good to Know Info!
- Agency Spotlight: The Roving Radish
- Text4Baby
- Renovated Savage Library Now Open!
- Howard County Health Department Updates
- Community Calendar

**Find Us  
Online!**

As a division of the Howard County Department of Citizen Services, we post updates on training classes, info on upcoming events, and reminders about parent workshops on the Citizen Services Facebook page. We hope you'll "like" us!

Visit our website at [www.howardcountymd.gov/children](http://www.howardcountymd.gov/children) to sign up for workshops, get information on our services, and find out about what we do!



Find us on Facebook  
[www.facebook.com/HoCoCitizen](http://www.facebook.com/HoCoCitizen)

# The CARE Center Corner

## Is it Sensory or is it Behavior?

In our “expect it now” society, children are feeling the anxiety of adult expectations of performance and immediate response. Children are strapped into car seat/belt restraints for longer periods as they are transported to a variety of performance-driven sports activities. As demands for STEM achievement are heard all the way down to our youngest preschool classrooms, children may be expected to sit still at desks and tables for longer periods of time where the appearance of learning is taking place. Play, in its pure form, has almost become obsolete, often substituted with organized sports that may include a lot of waiting for turns and more sitting,



*“Early childhood, (birth through age 8) is an important time for the body to be exposed to a lot of sensory input in order to create the proper equilibrium, that “just right” feeling.”*

or it may be used only as a brief break after more “important” things are completed. Adding to this race to nowhere is the response of overwhelmed adults who give up on discipline when their children continue to ignore requests to change their behavior.

The result of this shift in thinking is proving to be detrimental to many children’s sensory development. Early childhood (birth through age 8) is an important time for the body to be exposed to sensory input, which helps to create the proper equilibrium, that “just right” feeling. Children who are diagnosed with one or more developmental delays or disorders may also have problems with sensory development; but many adults are fooled into thinking that the deficit their children are experiencing with sensory input may be

something more. In fact, the cure for sensory difficulties may be fairly simple: play. However, it is play in its more pure form where children are not so supervised to perform a certain way.

When children who need it can take a little more risk to bump and roll, jump and spin until they achieve that point of sensory balance, they are able to concentrate and focus better. Pediatric occupational therapists understand this need and know how to help children who are “misbehaving.” They also have strategies to help those passive children who need some guidance, with getting enough sensory input in order to function more successfully in daily tasks.

Want to learn more? Check out these and other websites:

<http://out-of-sync-child.com/introduction/>

<http://www.allianceforchildhood.org/node/96>

<http://theanonymousot.com/2013/03/28/is-it-sensory-behavior-or-both/>



**3300 N. Ridge Rd Ste. 380  
Ellicott City, MD 21043  
Phone: 410-313-1940**

**[www.howardcountymd.gov/children](http://www.howardcountymd.gov/children)  
[children@howardcountymd.gov](mailto:children@howardcountymd.gov)**

**Parent Pages is published quarterly by the Office of Children’s Services.**

**E-mail us at:  
[children@howardcountymd.gov](mailto:children@howardcountymd.gov)  
to subscribe.**

**Please feel free to copy and distribute this publication. Available in alternative formats upon request.**



## The CARE Center

**Child and Adolescent Resources  
for Howard County Families**

- Behavior Issues
- Finding Child Care
- Child Care Assistance
- County Resources
- Special Needs
- Parenting Classes
- Health Care
- Mental Health Concerns
- Grandparents Support
- Financial Assistance
- Support Groups
- Adolescent Concerns
- School Age Programs
- Camps

**410-313-CARE (2273)**

**[children@howardcountymd.gov](mailto:children@howardcountymd.gov)  
[www.howardcountymd.gov/children](http://www.howardcountymd.gov/children)**

This free service is provided by the Howard County Office of Children’s Services, with the support of Howard County Department of Citizen Services, the Howard County Local Children’s Board, Maryland State Department of Education, Howard County Mental Health Authority and the Governor’s Office for Children.

## What I Want My Teachers to Know

*An Editorial by Collin Sullivan, HCPSS High School Student*

Over the course of my time as a student, I have been lucky enough to see technology evolve from dial-up Internet and floppy disks, to high speed wireless and pocket-sized mobile computers. Now, as a high school student, I couldn't imagine not being able to access any resource I want from my smartphone. Educational technology is changing faster than ever, and I am so excited to see its continued growth. However, I realize that if my teachers don't have the right knowledge about educational technology programs, those programs can be misused or not be used at all.

So, I spend my time helping teachers. In my freshman year of high school, I developed a program for staff members that was designed to support and encourage the use of technology in their classroom. I taught teachers how to use their computers - I even assigned quizzes to check for understanding!

As a student who supports staff members with technology, I see that it is challenging at times. I want my teachers to use educational technology more effectively, but at the same time, I see and understand the struggles they are going through. Many teachers are having difficulty trying to implement edtech when there are new initiatives to focus on, such as the Common Core and new teacher evaluations. They feel they don't have the time to invest in new technology skills.

However, the teachers who are eager to learn, have asked me for some advice over the years about implementing edtech and this is what I tell them:

### 1. Keep it simple

Edtech programs are supposed to make life better in the school system. They are supposed to help teachers in some way, and they are supposed to enhance students' technology skills. Always keep in mind that technology is supposed to enhance your life, somehow someday. If it isn't, it's not working.

When teachers want to implement technology, they overcompensate for lost time. Teachers tend to do too much in the beginning and then it feels overwhelming for the teacher and the students.

So, keep it simple. The program you implement shouldn't be too complicated. It should be easy enough to explain in a sentence or two. For instance, a teacher using Google Apps for Education should tell their students that they will be using it to complete and submit various writing assignments. If a teacher is going to implement a program like Socrative, they tell their students it is a program to collect instant feedback.

Be cautious though - there is such a thing as too much, too fast in the educational technology world!

### 2. Have a few tools in your basket

There are thousands upon thousands upon thousands of edtech programs - and more are added every single day (so it seems). From Edmodo to Google Drive, to Socrative to PollEverywhere - there is a lot out there. Find a couple of programs you enjoy and get to know them really well.

There is no such thing as a "one size fits all" technology. For example, in one class, Edmodo may be a great way to communicate to the class - but in another class, it may not work at all. No one should know every single edtech program ever created, but keeping a few programs in your basket won't hurt.

### 3. Engage vs. entertain

For some reason, my teachers believe that the 21st century learner needs to be entertained. I am here to tell you as a student, that is not accurate at all. Students want to and need to be engaged with their learning - not entertained.

A lot of edtech tools do a good job engaging students - but be careful, there are some programs that just want to entertain rather than engage. When students are entertained, they tend to just watch a video, and then answer a few questions after the video. How engaging is that? Something such as Blackboard requires everyone to be engaged in their learning, since Blackboard allows for online collaboration and discussion.

### 4. Plan for the worst

As we all know, sometimes technology does not work the way we want it to. The worst scenario is when these tools depend on the Internet - and the Internet is down, or even worse the power is out! Teachers should always have a "plan B" for when these edtech programs may fail. In the off chance that technology does not work, a lesson can always be amended, and then later enhanced with technology. For a movie project, students can work on the script and storyboard without technology, and then create the film when technology is functioning properly.

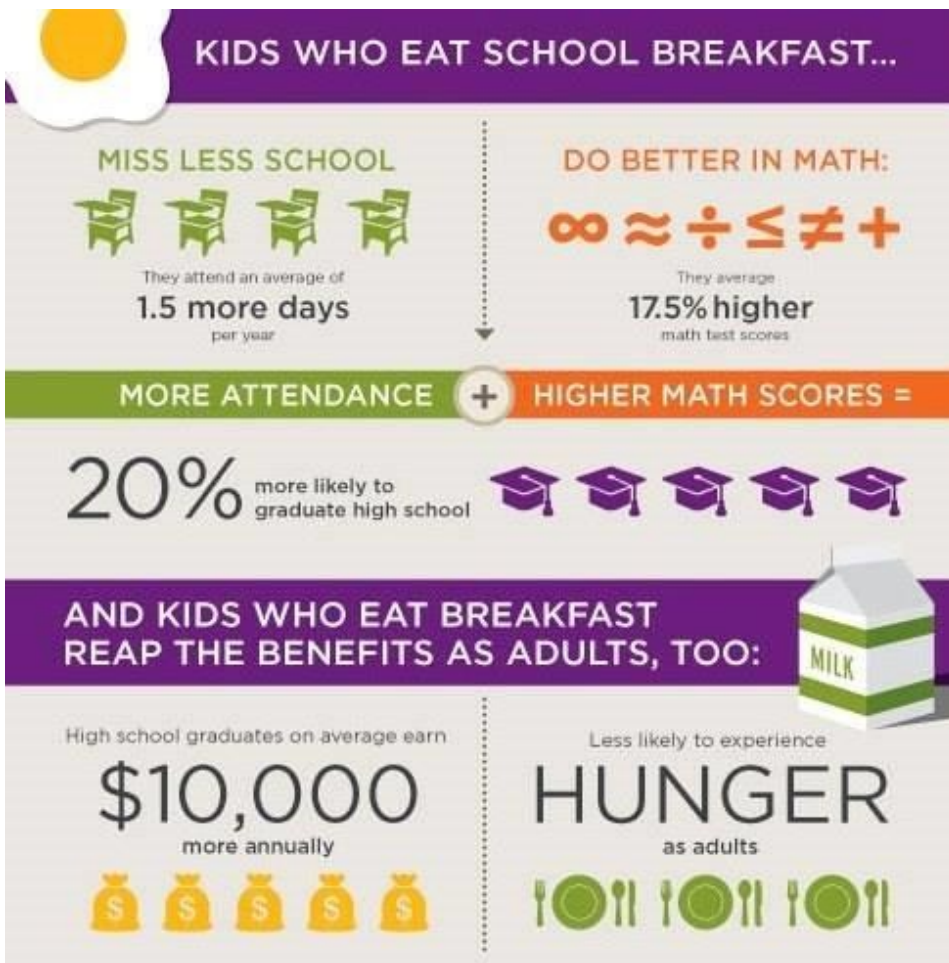
### 5. Have fun!

If you aren't having fun, you're using the wrong one. These tools are supposed to reduce the amount of stress. If you aren't enjoying edtech, your students probably aren't either.

I hope that technology in schools will take off like a rocket ship in this country. If there is ever a teacher doubting edtech programs, I encourage them to just try one. There are so many tools and I guarantee that you will find one you love. With the consistent use and support from their teachers incorporating new technology, students will enhance their tech skills and be more prepared for this fast-paced, developing world that lies ahead.



## Breakfast Is the Most Important Meal of the Day!



### Apple and Cucumber Bagel and Smear (Serves 4)

#### Ingredients:

- 2 bagels, split in half
- 1/2 cup cream cheese (4 ounces)
- 1 small cucumber
- 1/2 apple, cut into wedges
- 3 teaspoons of cinnamon

#### Directions:

1. Toast the bagel halves
2. Spread each half with cream cheese
3. Cut the cucumber into 8 rounds and several thin slices that can be used to form eyeglasses.
4. Cut the apple into 4 wedges and use one on each bagel half to form a smile.

*\*For a different taste, substitute creamy peanut butter or marshmallow fluff for cream cheese. Enjoy!*

### Homemade Apple Cider

Serves 4

#### Ingredients:

- 6 - 8 Gala apples, quartered
- 1/4 - 1/2 cup granulated sugar
- 3 cinnamon sticks
- 2 tablespoons allspice berries

#### Directions:

1. Combine apples and sugar; add enough water to cover them in a large pot. Tie cinnamon and allspice in a double layer of cheesecloth and add to the pot.
2. Boil the water over high heat for about an hour, stirring occasionally. Then lower the heat, place the lid on the pot and let it simmer for 2 hours.

Remove the pot from the heat and let it cool.

3. Take the cheesecloth out of the pot and mash the apples with a fork or potato masher. Pour the mixture into a bowl through a strainer lined with cheesecloth. Wrap the solids in the cheesecloth, squeeze out the excess juice and discard the solids.

**Note:** Cider can be enjoyed chilled or warm. To warm it, reheat it in a microwave or on the stovetop. Serve it with whipped topping, a dash of cinnamon and a squeeze of caramel sauce. It can be stored for up to a week in the refrigerator or frozen for up to 3 months. *For more, check out <http://www.sheknows.com/>*



#### Critical Information, WHEN and WHERE you need it!



A FREE service that allows Howard County Government to deliver a wide variety of Howard County specific information directly to subscribers' inboxes or mobile devices.



**Stay Connected, Stay Informed and be Better Prepared!**

Visit [www.NotifyMeHoward.org](http://www.NotifyMeHoward.org) and click on "New User" to get started today.



# Parents Can Help with School Readiness

**A**s a parent, you play a crucial role in your child's readiness for school. What you do from the time your child is born and what happens in the home in the early years, has an impact on your child's future social and academic success. As a parent, you are your child's first teacher and when you cuddle, laugh, play, sing and talk to your child, you are helping to develop crucial academic, social, physical and emotional skills.

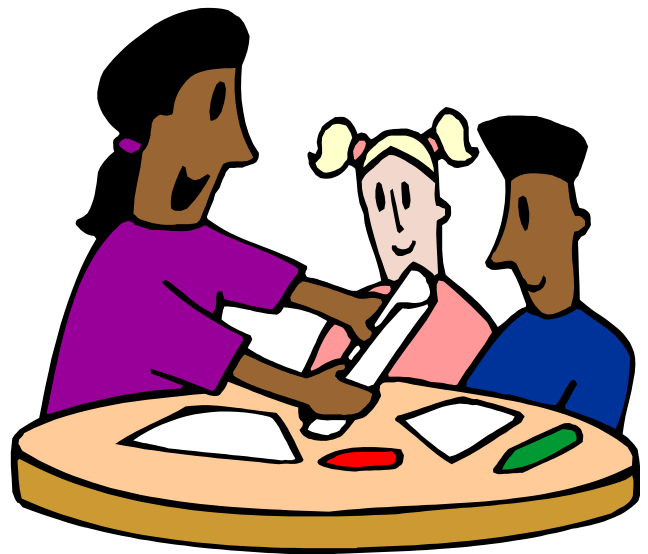
In order to help your child build school readiness skills, you can do the following activities:

Start reading to your child every day when they are an infant. Read books that interest your child and ask questions to build your child's comprehension skills. Ask questions like, "what do you think is going to happen next" and "what was your favorite part of the story?"

Learning through play can be fun. Spend time with your child playing with toys, building, running, jumping, drawing and playing games. Take your child for a walk and talk about what you see. Make household chores fun by turning them into games. Ask your child to help you clean, cook, and set the table. Children love the opportunity to help you around the house.

Talking and singing to your child encourages language and literacy development. You can sing songs with your child while you are in your car or relaxing at home. Ask your child to tell you about their favorite part of the day.

For more information and Parent Tips and activities to help your child, visit Ready at Five's website [www.readyatfive.org](http://www.readyatfive.org)



**Parents as Teachers**™  
*Affiliate*

The Howard County Parents as Teachers (PAT) program supports a parent's role in promoting school readiness and healthy development. PAT is a voluntary home visiting program for Howard County residents. For more information, visit [www.howardcountymd.gov/children](http://www.howardcountymd.gov/children).

Families participating in PAT receive monthly home visits, regular opportunities to engage in resource networking, group meetings, and individualized, developmentally appropriate screenings.

Through regular group meetings and learning parties, families are engaged in activities that promote positive parenting and enhance a parent's ability to be their child's first teacher. PAT Parent Educators teach parents skills and strategies to help their child succeed in school and enjoy learning.

For more information or to enroll your family, please contact Kaya Swann at [children@howardcountymd.gov](mailto:children@howardcountymd.gov) or 410-313-1453.

# Good To Know! Information You Can Use

## Parents Guides 2015

The new 2015 Howard County Parent's Guide will be available in late January. The guide contains resources for parents and early care and education professionals. To request a guide for yourself or a family member, contact 410-313-1940 or [children@howardcountymd.gov](mailto:children@howardcountymd.gov).

## Terrapin Explorer Kids Course Now Open!

A ropes course designed for children ages 5 - 9 soon has been built next to the adult course at Terrapin Adventures, at Historic Savage Mill.

"This course adds a whole new dimension to our on-site programs. It is a new venue for parties and just plain outdoor fun to challenge your youngsters," said Matt Baker, chief adventure officer and owner of Terrapin Adventures. "Children can gain confidence, get exercise and soar through the air." Packages are

available so parents can climb the tower right next door and still be in sight of their children.

## ZERO to THREE new app: *Let's Play*

ZERO TO THREE has developed and released a new, free app called *Let's Play!*, which provides parents and grandparents with fun ideas for keeping babies and toddlers entertained and learning, especially during daily routines. Parents can search activities by age, share activities via social media, and tag their favorites. **Download the *Let's Play!* app on [iTunes here](#) or from the [Google Play store here](#).**

## Holiday Assistance & Donations

Toys for Tots

[www.toysfortots.org](http://www.toysfortots.org)

- Offers toy drop-off sites throughout the area for donations

Salvation Army

443-656-3376

Assistance Applications

Grassroots Crisis Intervention, Inc.

410-531-6006

- Accepts donations & assists families in need

Columbia Association

Teen Center

410-992-3726

- Accepts donations & assists families in need of clothing/coats



FISH of Howard County

410-964-8660

- Accepts donations & offers food assistance to families in need

Head Start

410-313-6443

- Accepts donations & provides assistance to Head Start families only

## NAMI of Howard County 2014 Meeting Dates

For up-to-date information, times, and locations, visit [www.nami.org/sites/howardcounty](http://www.nami.org/sites/howardcounty)

### FAMILY SUPPORT GROUP

Holy Trinity Lutheran Church  
7607 Old Sandy Spring Rd.  
Laurel, MD 20707

September 8, October 13,  
November 10, December 8  
7:30 - 9 pm

### FAMILY SUPPORT GROUP

Harmony Hall, the Parlor  
6336 Cedar Lane  
Columbia, MD 21044

September 9, October 14,  
November 11, December 9  
7:30 - 9 pm

### FAMILY SUPPORT GROUP

Celebration Church  
6080 Foreland Garth  
Columbia, MD 21045

September 19, October 17,  
November 21, December 19  
7:30 - 9 pm

### FAMILY SUPPORT GROUP

First Evangelical Lutheran  
Church, Counseling Office  
3604 Chatham Road  
Ellicott City, MD 21043

September 22, October 27,  
November 24, December 22  
7:30 - 9 pm

### PARENT SUPPORT GROUP

First Presbyterian Church  
9325 Presbyterian Circle  
Columbia, MD 21045

September 8 and 24  
October 13 and 29  
November 10 and 19  
December 8 and 18  
Times vary

### NAMI CONNECTION SUPPORT GROUP

Wilde Lake Interfaith Center  
10431 Twin Rivers Meets  
every 2nd and 4th Monday  
6:30 - 8 pm

### SUNDAY SUPPERS

Florence Bain Senior Center  
5470 Ruth Keeton Way,  
Columbia, MD 21044

September 21, October 19,  
November 16, December 14  
2 pm

### EDUCATIONAL FORUMS

Wilde Lake Interfaith Center,  
10431 Twin Rivers Rd.  
Columbia, MD 21044

September 16, November 18  
7 pm

# Agency Spotlight: The Roving Radish

## What is The Roving Radish?

*It is a pilot program delivering fresh meal kits, making it easy for families to create fresh and affordable meals.*



**Can anyone sign up?** *As long as you live, work or play in Howard County, you are eligible to participate. There are no income limitations. Since this is a pilot program and we are testing things out, we will be delivering 25 meal kits to each location every week, for a total of 125 meal kits. If they are able to do more kits, we will increase the number over the summer.*

**How do I sign up?** *Visit [www.rovingradish.com](http://www.rovingradish.com). Kits are reserved on a first-come, first-served basis.*

**What if I don't have access to the internet, or need help placing an order?** *Please do not hesitate to give James, the Roving Radish Market Manager a call at (443) 745-1058.*

**What is my responsibility if I sign up?** *You will need to place your order a week in advance. Meal kits must be picked up on the scheduled days and at the scheduled times for each location. Each location will have an hour and half window of time set aside for meal kit pick up. If you are unable to make it, they will reallocate your meal kit to another family. Unfortunately, if you paid in advance, we will not be able to issue refunds.*

**When is the first delivery of the food kits?** *The Roving Radish will make weekly deliveries to 5 locations until the week ending of November 24th, 2014.*

**How will my meal kit be packaged?** *The food will be refrigerated until you pick up. The ingredients will be provided to you in a shopping bag, just as you would pick it up from the grocery store. It is your responsibility to ensure that your meal kit returns to a refrigerated environment within a reasonable amount of time.*

**What will each meal kit contain?** *Each meal kit provides all of the ingredients and instructions for two meals, for a family of four. The kit includes meat or other protein, vegetables and/or fruit, as well as products like pasta or rice. Most items will come already cut and chopped, so they are ready to cook.*

**What if my family is smaller than a family of four ?** *We encourage you to consider sharing the kit with a friend or neighbor, or cooking enough for leftovers!*

**What if my family is larger than a family of four ?** *For this pilot program, you can only order one meal kit per family.*

**How much does each meal kit cost?** *Each meal kit will cost \$24.*

**Do I have to sign up in advance?** *Yes. In fact you will only be able to reserve a meal kit by ordering it online, the week prior. Please see the "Ordering & Pick-Up Schedule" posted on our website.*

**Can I sign up for multiple weeks?** *Currently, we are unable to take orders for more than one week at a time. For this pilot project, we will be asking folks to sign up each week.*

**What nutritional standards will be applied to the recipes?** *Each meal will be: • No more than 750 calories • Less than 30% of calories from fat • No more than 1050 mg of sodium*

**Do I have to sign up in advance?** *Yes. In fact you will only be able to reserve a meal kit by ordering it online, the week prior. Please see the "Ordering & Pick-Up Schedule" posted on the Roving Radish website. For more information or to sign up, visit [www.rovingradish.com](http://www.rovingradish.com) today!*



# Community Announcements

## Attention! Renovated Savage Branch Library Open!

Howard County Executive Ken Ulman reopened the Howard County Library System Savage Branch and STEM Education Center after an 18-month, \$6.1 million renovation to make it the newest and most modern building in a system ranked as No. 1 in North America on July 22, 2014. "These improvements speak to our quality of life and our commitment to education," said Howard County Council Vice-chairperson Courtney Watson. "This renovation has doubled the size of the Savage Branch. It is a much more open and inviting space that emphasizes the idea of public education for patrons of all ages."

The renovated library will now occupy 24,000 square feet, utilizing space that formerly housed a senior center and health department office. The branch houses 100,000 items – a brand new collection of materials – including books, audiobooks, e-books, films, music and specialized online research tools. The 51 computers available to the public represent a 100 percent increase.

### Additional features of the renovated Savage Branch are:

- ◆ Three (3) study rooms: Sally Ride Study Room, Benjamin Franklin Study Room and Jamie Escalante Study Room
- ◆ Abacus Children's Classroom and hiHouse: a children's classroom with child sized entrance (the hiHouse) and windows overlooking a butterfly garden
- Galileo Laptop Bar: a laptop counter overlooking the courtyard
- Engineering Enclave: a dynamic space for teens with specialty seating and computers
- HiTech Classroom: a dedicated classroom for HiTech, HCLS' STEM education initiative for teens
- Two outdoor classrooms
  - Boulder Amphitheater + Classroom
  - Courtyard Classroom
- Stormwater Management Features:
  - Bioretention basin at intersection of Gorman and Knights Bridge roads
  - Pervious paving parking strips
  - Landscape composed of plants native to the Chesapeake Bay region
  - Habitat for birds, pollinators, frogs, bats and other wildlife



## Text4Baby

**T**ext4baby is the first mobile information service designed to promote maternal and child health through text messaging. Text4baby is a free service of the nonprofit National Healthy Mothers, Healthy Babies Coalition (HMHB) and was created in collaboration with Founding Sponsor Johnson & Johnson, and founding partners Voxiva, The Wireless Foundation, and Grey Healthcare Group (a WPP company).

Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. The messages address topics such as labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety, and more. Text STOP to discontinue messages or HELP for help at any time.

### Set Up Free Appointment Reminders with Text4baby:

1. Text REMIND (or CITA for Spanish) to 511411.
2. Enter appointment date. Enter 7/7/2014 as 07072014.
3. Enter appointment description with time, place and purpose (ex. 3pm apt w Dr Parker).
4. Reminder text will be sent three days before and the morning of appointment.

You can set up as many reminders as you need, at any time.

Text4baby is supported and promoted by a public-private partnership of over 1200 health departments, academic institutions, health plans, businesses, and the federal government. Text4baby is the largest national mobile health initiative reaching over 685,000 moms since launch in 2010. Visit them online at [www.text4baby.org/](http://www.text4baby.org/).



**Maryland Coalition of Families for Children's Mental Health**  
invites you to our Second Annual



**Saturday, Sept. 27, 2014**

**Registration 8–9 AM**  
**Conference 9 AM–4 PM**

Martin's West  
6817 Dogwood Road  
Windsor Mill, MD 21244

\$25 per Family Member  
\$35 per 2 Family Members  
\$50 per Professional

Includes breakfast and lunch

*A limited number of scholarships are  
available for family members*

**Keynote Speakers:**

**Debbie Phelps**

Mother, Author, Director of Education Foundation  
for Baltimore County Public Schools  
and

**Michelle Zabel MSS**

Director, TA Network for Children's Behavioral Health  
Director, Institute for Innovation and Implementation



- Learn from experts on a variety of behavioral health topics
- Attend tracks for Early Childhood and Transition Age Youth
- Connect with family-serving resources at exhibit tables
- Network with families across Maryland

Sponsor and Exhibitor opportunities still available

**Register Today: [www.mdcoalition.org](http://www.mdcoalition.org)**

# HC Health Department Update



## IMMUNIZATION CLINIC SCHEDULE



Howard County Health Department offers immunizations through the **Vaccines for Children (VFC) Program** to eligible children through 18 years of age who meet the following criteria:

- **No Health Insurance** (must bring proof of income – sliding fee scale)
- **Medical Assistance** (must bring Medical Assistance card)
- **Health Insurance that doesn't cover vaccines** (sliding fee scale)

Other Private Health Insurance *is not* accepted at this time. We ask that children with private health insurance schedule immunization appointments with their primary health care provider.

### COLUMBIA HEALTH CENTER

**Ascend One Building**  
8930 Stanford Building  
Columbia, MD 21045  
**410-313-7500**

### **2014-2015 CLINICS WILL BE BY APPOINTMENT ONLY**

Call to schedule appointment on any WEDNESDAY below:

<b><u>2014</u></b>	May 21, 2014	June 18, 2014	July 16, 2014
	August 6, 2014	August 20, 2014	September 3, 2014
	September 17, 2014	October 1, 2014	October 15, 2014
	November 19, 2014	December 17, 2014	
<b><u>2015</u></b>	January 21, 2015	February 18, 2015	March 18, 2015

**A parent/guardian must accompany their child to the clinic.**

**YOU MUST BRING THE CHILD'S IMMUNIZATION RECORD.**



Like us on Facebook: HoCoHealth



Follow us on Twitter: HowardCoHealthDept

[www.hchealth.org](http://www.hchealth.org)

# The Howard County Family Institute



**T**he Howard County Family Institute is a parent education program of the Office of Children's Services, Department of Citizen Services. We offer informational sessions and training workshops for parents on many topics, including child development, positive discipline, finding resources, and adolescent issues. We would like to welcome our new Family Engagement Specialist, Lisa Rhodes. Ms. Rhodes will now take the lead on planning and implementing new parenting workshops that will be held through the Howard County Family Institute. Stay tuned for an upcoming late fall workshops for 2014. To learn more, please call 410-313-1940 or email [children@howardcountymd.gov](mailto:children@howardcountymd.gov).

## DID YOU KNOW THAT IT'S NEVER TOO EARLY TO PROTECT YOUR CHILD FROM IDENTITY THEFT

Reports of child identity theft continue to grow. Often only a name and a Social Security number is needed to fraudulently obtain credit, government benefits or medical care. Children who are victims of identity theft often do not know of the crime until many years later, when they attempt to apply for a job, rent an apartment or obtain a credit. Removing false information from a credit report takes time and hard work so parents should take steps to protect their child's identity.

**Keep Your Child's Personal Information Safe** – Secure documents that contain personal information, including birth certificates and Social Security cards. Shred documents that contain personal information when no longer needed. Computerized personal records should be password protected. Sadly, caretakers or family members are tempted to “start over” using a child's identity.

Only share your child's Social Security number when absolutely necessary. Ask schools, after-school programs and others why the number is needed and how it will be safeguarded.

**Consider “Freezing” Your Child's Credit Report** - Maryland law allows parents and guardians to place a “security freeze” on their child's credit files. Creditors refuse to open new accounts if they cannot obtain this information. If your child does not have a credit report, one can be created the purpose of imposing a freeze. If you choose not to freeze your child's report, check to see if your child has a report close to his/her 16th birthday when you will have time to correct errors due to fraud or misuse before your child applies for a job, credit, or an apartment.



For more information on this and other topics, visit the Office of Consumer Affairs website at [www.howardcountymd.gov/factsheets.htm](http://www.howardcountymd.gov/factsheets.htm), or contact OCA at 410-313-6420.



# Community Calendar *Fall* 2014

## September

September 7, 8:30 am

### Howard County Police Pace 5K

Centennial Park

Join the fun walk with the Howard County Police Foundation. The goal of the event is to raise money for the families of Howard County officers killed or injured in the line of duty, as well as provide scholarships and support the Dept. with funding for special needs not met through the annual budget process. For more information visit <http://www.policepace.com>

September 13, 9:30 am

### Columbia Bikeabout

WildeLake Park

Hyla Brook Road, Columbia, MD

Mark your calendars and join CA's Columbia Archives for the fun and informative annual Columbia BikeAbout. This year's free, family-friendly ride will begin at 9:30am at a new location, Wilde Lake Park on Hyla Brook Road. Visit <http://www.eventbrite.com/e/bikeabout-registration-8454107463> to learn more!

September 23, 5 - 7 pm

### Fall Equinox Twilight Hike and Campfire: S'mores and More!

Walk through the meadows and along the stream to the woodland campfire ring. Gather around the crackling fire, hear legend-stories about the Equinox, sing songs, roast marshmallows, and enjoy s'mores! Hike back in time to watch the sun set over horizon. \$5/person; \$10/family. Registration required. <http://www.hcconservancy.org>.

September 27 - November 2

Saturdays and Sundays, 10 am - 5 pm

### Fall Corn Maze at Sharp Farm

4003 Jennings Chapel Rd Brookeville, MD  
Check out the "Black Bears & Coyotes" themed 7+ acre corn maze at the Sharp farm. Admission is \$7/adult \$5/child, children under 2 free with a paying adult. For miniature fun, visit the mini maze for \$1/person. For more information check out <http://www.sharpfarm.com/cornmaze.html>

## October

October 2 - November 19

### Day in the Life of a Farmer

Sharp's Farm

4003 Jennings Chapel Road

Brookeville, MD

Learn about the importance of bees and see an observation beehive. Learn about the different types of corn that are grown on the farm. Feed the farm animals and take a hayride. Harvest a pumpkin and an ear of popcorn to take home. M - F, \$7/person. Basic farm tours available for \$6.50/person. <http://www.sharpfarm.com/falltours.html>



October 4 - November 1 (Sat. & Sun.)

### Pick Your Own! Fall Festivities

Larriland Farm

2415 Woodbine Rd., Woodbine, MD

Enjoy the fall color display and gaze across the fields dotted with thousands of orange pumpkins just waiting to become jack-o-lanterns. The farm is decorated with ghosts and goblins for Halloween. The fields are laden with crisp, succulent vegetables and fruits for you to pick and pluck. Come enjoy a hayride, fresh apple cider and apple fritters, pick your pumpkin, and shop the fresh produce stand. For more, visit <http://www.pickyourown.com/fall-festival/>.

October 11, 9 am

### Glen Mar Family 5

Glen Mar United Methodist Church

4701 New Cut Rd, Ellicott City, MD

Glen Mar will host its first 5K Run/Walk, to benefit the Howard County Food Bank. There will be opportunities for runners, walkers and family teams to navigate the course on the streets surrounding the church. Participants may create or join a team. Registration will be limited to the first 350 racers; those who register before September 25, 2014 will be guaranteed an event t-shirt. Participants are encouraged to bring non-perishable food items to donate to

the Howard County Food Bank. For more information or to register, visit:

<http://www.roadraceplace.com/events/glen-mar-family-5k-and-1-mile-walk-maryland-ellcott-city/>

## November

November 4 & 11, Noon - 2 pm

### Open House - Pilgrim History & Hayride

Sharp's Farm at Waterford Farm

4003 Jennings Chapel Rd., Brookeville, MD

Calling all families and homeschoolers, join us for "Pilgrim History." History comes to life as all of our tour guides for this program are in costume. Children will learn about the Pilgrims' home life, the chores Pilgrim children were responsible for, the games Pilgrim children played, and also about the Pilgrim's relationship to Native Americans. The program concludes with a hayride that goes through the Cattail Creek. The program is 2 hours long and costs \$8.00/child. Registration is required on or before Nov. 3rd or Nov. 10th

November 8, 10 am

### Family Hike

Join Conservancy Naturalists as they stroll in the leaves and enjoy the autumn air! Bring your family and join an age-appropriate group with a naturalist to walk across the meadows, on woodland paths, and/or around the farmstead. Wear something comfortable, and don't forget hats and gloves if it is windy. Free to attend. Visit <http://www.hcconservancy.org/upcoming-events.html>

November 17, 3 - 6 pm

### Neighbor Ride

Join Neighbor Ride in honoring our founders and celebrating ten years of service to the community at an Open House from 3pm to 6pm on Monday, November 17th. Free; all are welcome! Please send RSVPs to [community@neighborride.org](mailto:community@neighborride.org).